

## *FRESH –*

### Allowed:

- **Organic**
- Any variety of fresh fruit or vegetable without added sugars, fats or oils.
- May be whole, cut, bagged or pre-packaged
- Cilantro and parsley

### Not Allowed:

- Pre-cut fruits with added preservatives (for example: sliced apples with ascorbic acid)
- Herbs (other than cilantro and parsley), herb pastes, spices or edible flowers
- Fruits or vegetable party trays/platters
- Fruits or vegetables from salad bars
- Fruit and nut mixtures
- Fruit baskets
- Ornamental or decorative fruits or vegetables such as chili peppers or garlic on a string, gourds, or painted pumpkins
- Salad kits/bowls with dressing or other added food items
- Salsa

## *FROZEN –*

### Allowed:

- **Organic**
- Whole, cut or mixed fruits or vegetables
- Beans or peas such as lima beans and black-eye peas
- Any brand or package size/type

### Not Allowed:

- Added sugar, breading, butter, sauce, fat, oil, salt or seasoning
- Added non-fruit or non-vegetable ingredients (meat, rice, pasta, etc.)
- Fries or tater tots
- Juice\* or smoothies
- Soup

## *CANNED –*

### Allowed:

- **Organic**
- Any variety of fruits, including applesauce, juice or water pack without added sugars, fats or oil
- Any variety of vegetables without fats, oils or salt
- Metal, glass or plastic containers
- May be regular or low sodium

- Tomato paste, puree or sauce
- Green beans and green peas
- Individual servings

Not Allowed:

- Added meat, rice or pasta
- Artificial sweetener
- Pickled vegetables, relishes or ketchup
- Cranberry sauce or pie filling
- Salsa
- Pizza or pasta sauce
- Juice \*
- Beans \* or baked beans
- Pouches or smoothies

\*BUY WIC juice and WIC beans with your other WIC benefits.